

# VISION LOSS & IMPAIRMENTS



## SIGNS & SYMPTOMS IN INFANTS

- May have difficulty tracking/following objects
- May not have interest in objects, colours, or patterns
- May not reach for objects in front of them
- Cries or does not respond when exposed to bright lights

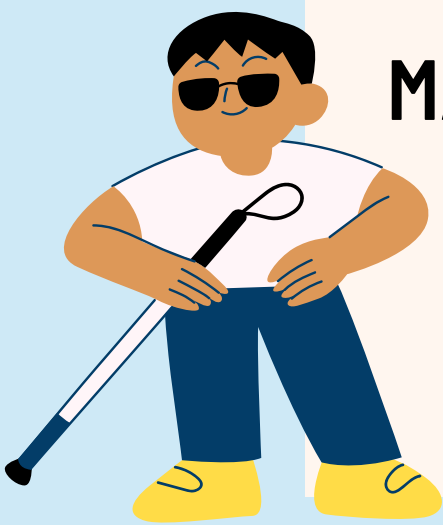
## SIGNS & SYMPTOMS IN CHILDREN

- May appear clumsy or uncoordinated
- May have low attention span
- Squinting is common and complains of headache, double or blurred vision
- May sit too close to screens and whiteboards but still have difficulty reading properly



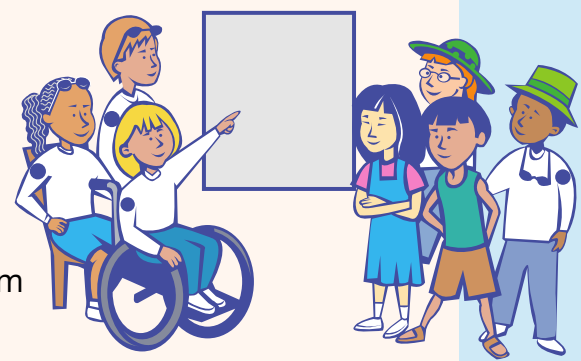
## MAKING THEIR SPACE ACCESSIBLE

- Do NOT rearrange space often
  - Similar layout allows child to feel safe, comfortable and to know where things are
- Reduce tripping hazards & clutter
- Ensure good lighting and reduce glare
- Talk about and celebrate differences
  - Put glasses on toys to increase their self-esteem



## CLASSROOM TIPS

- Follow the child's goals and strategies document
  - Have child sit in class where they can best see
- Engage child's sense of touch and sound
- Use verbal aids to get their attention
  - Always use their names when talking to them
  - Announce when you are leaving or entering the room
- Use closed captioning (audio description)



## VISUAL AIDS

- Glasses
- Technology services (Ex. Talk to text)
- Braille (tactile writing system)
- Using a white cane or service animals (Ex. Guide dog for the blind)



## PRACTICE GOOD EYE HABITS

- Position screens at least an arm's length away
- Take breaks to blink
- Adjust the lighting
- Limit screen use



# NEED MORE HELP?



## **OHIP - BLIND-LOW VISION EARLY INTERVENTION PROGRAM**

**website:** <https://www.ontario.ca/page/blind-low-vision-early-intervention-program>



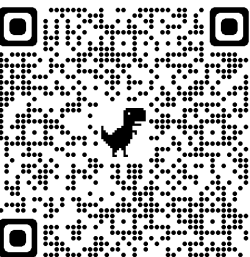
## **SURREY PLACE - BLIND-LOW VISION EARLY INTERVENTION PROGRAM**

**phone (24/7):** 1-833-575-KIDS (5437)

**e-mail:** [childrens.registration@surreyplace.ca](mailto:childrens.registration@surreyplace.ca).

**find a location near you:** <https://www.surreyplace.ca/visit-us/>

**website:** <https://www.surreyplace.ca/services/blind-low-vision-early-intervention-program/>

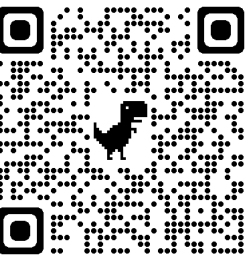


## **HOLLAND BLOORVIEW KIDS HOSPITAL - FUNDING SERVICES & SUPPORT**

**HB Info Line (live support, M-F 9-5):** 416-400-8876

**address:** 150 Kilgour Rd, East York, ON M4G 1R8

**website:** [https://hollandbloorview.ca/sites/default/files/2021-01/2021-01%20Funding%20and%20Financial%20Supports%20Guide\\_0.pdf](https://hollandbloorview.ca/sites/default/files/2021-01/2021-01%20Funding%20and%20Financial%20Supports%20Guide_0.pdf)



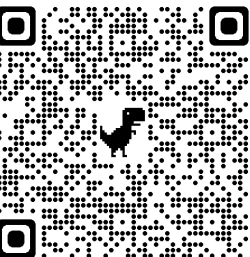
## **CANADIAN NATIONAL INSTITUTE FOR THE BLIND (CNIB) BRAILLE SERVICES & COURSES**

**toll free phone:** 1-800-563-2642

**email:** [info@cnib.ca](mailto:info@cnib.ca)

**find a location near you:** <https://www.cnib.ca/en/office-locations?region=on>

**website:** <https://www.cnib.ca/en/sight-loss-info/braille-services-and-courses?region=on>

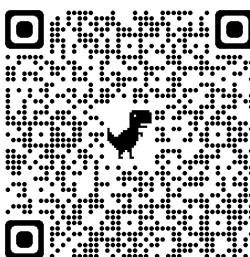


## **CNIB/OPVIC (ONTARIO PARENTS OF VISUALLY IMPAIRED CHILDREN) PARENT SUPPORT**

**session times:** Zoom meetings occur on the 4th Wednesday of every month

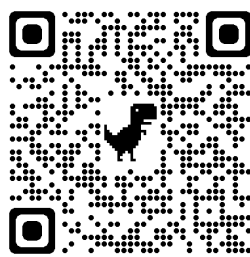
**to register for a session:** email [Rhonda.Underhill-Gray@cnib.ca](mailto:Rhonda.Underhill-Gray@cnib.ca) or call 1-800-563-2642

**website:** <https://www.cnib.ca/en/event/cnib/opvic-ontario-parents-visually-impaired-children-parent-support?region=on>



## **CANADIAN PAEDIATRIC SOCIETY - SCREEN TIME AND YOUNG CHILDREN**

**website:** <https://caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>



## **SICK KIDS - VISION IN THE FIRST YEAR**

**website:** <https://www.aboutkidshealth.ca/Article?contentid=484&language=English>



## **SICK KIDS - EYE EXAMINATION FOR YOUR CHILD**

**website:** <https://www.aboutkidshealth.ca/Article?contentid=1976&language=English>